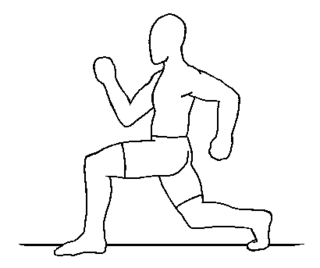
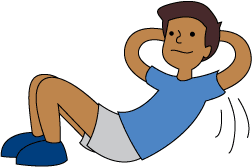
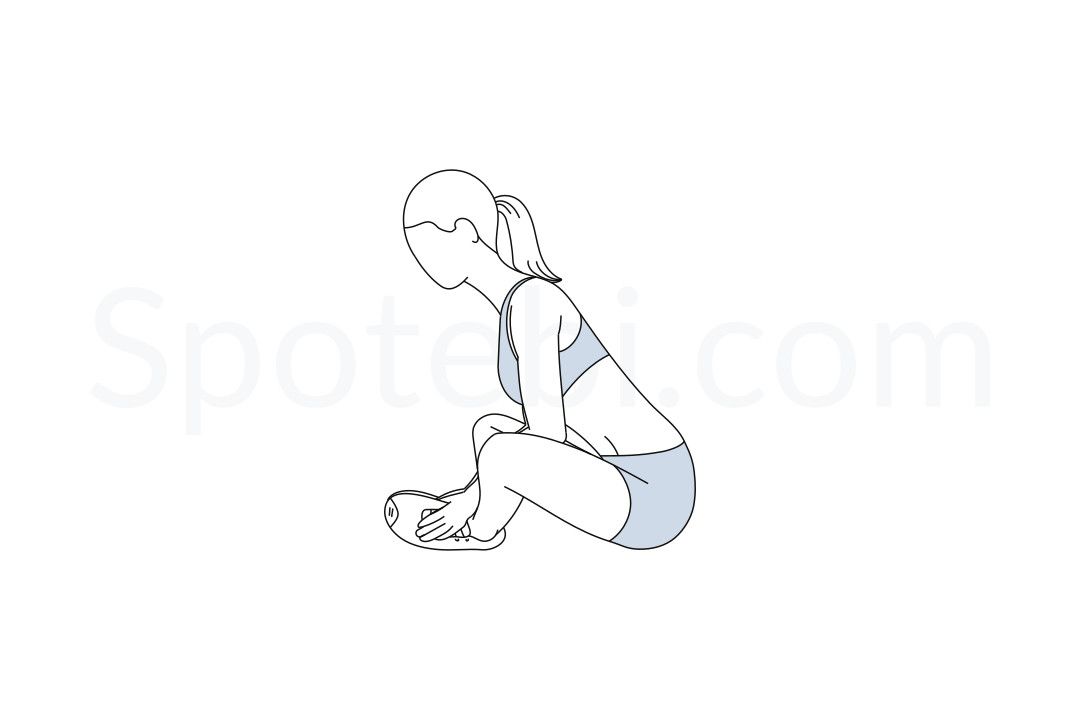
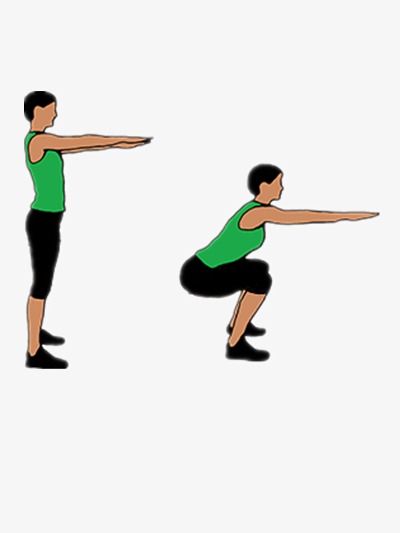
**Physical Education Fitness Calendar**

**Directions: Complete each fitness challenge for each day of the month. When you are finished pass it in to your Physical Education Teacher.**

**April 2020**

**Note: If you miss a day. That’s alright just make up that day on the next day. The idea is to do something active everyday!!!**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  |  | **1** Hold a push-up position while saying your ABC’s 3 times. | **2**  10 Sit-ups  Hold a Crab Walk Position for 30 seconds. | **3** Do High Knees in place for 30 seconds then switch to butt kickers for 30 seconds repeat (2x) | **4**  **Rest Day** |
| **5** Shoulder touches (3x) of 10 | **6** Skip around your home 3 times | **7** Keep your legs strait while you bend relaxed at the waist breath in and out slowly making your hands reach for your toes. | **8** Do the butterfly stretch while saying the words out loud that start with the letter “B “ | **9** Do 100 mountain climbers throughout the day. | **10**  **Rest Day** | **11** Balance on one foot while you say the months of the year 3 times, then switch feet and repeat. |
| **12** Do 100 Jumping Jacks throughout the day. | **13** Do 50 lunges throughout the day | **14** Dance to your favorite songs. | **15** Do squats while watching 3 commercials on T.V. | **16**  **Rest Day** | **17** 60 seconds of arm circles repeat it 3 times | **18** Frankenstein walk around your home 3 times. |
| **19** With your back against the wall do the wall sit for 60 seconds. | **20** Spell your full name while you jump as high as you can in the air for each letter. | **21** Hold a push-up position while giving a high five to a family member or friend 25 times. | **22**  **Rest day** | **23** Do 50 push-ups throughout the day | **24** Reach and touch your toes while counting to 30. Go slow and do it 3 times. | **25** Challenge a family member or a friend to a “jumping jack race to 60” Contest. |
| **26** Bear crawl from the kitchen to your bedroom (even if it’s up or down the stairs) | **27** Do 50 squats throughout the day. | **28**  **Rest day** | **29** Make up your own fitness challenge and draw it on the back of this paper. | **30** Pick one of your favorite Days and Do it again. |  | **Check off**  **When you finish each day** |